

Application No.: 10/509,579Docket No.: 4495-078**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims:

1-9 (cancelled).

10. (new) A container for cooking foods to be heated and cooked by an external heating means, comprising:

a container body for accommodating food ingredients, said container body having an opening with a peripheral edge forming a rimmed part;

a cover that is adhered to the rimmed part formed at the peripheral edge of the opening to cover said opening;

a pressure-releasing part that is adhered to said container body with a weak adhesion force in such a way that a part of said cover is exfoliated by vapor pressure that is generated inside the container when said container is heated by the external heating means;

a seasoning packet having a projected tab grippable by fingers and having an exfoliation part whose adhesion part whose adhesion force is weak and is openable by vapor pressure generated by heating energy directly received from the heating means, so that the liquid seasoning inside the container can flow out and season the food ingredients inside said container.

11. (new) The container for cooking foods as recited in claim 10, wherein seasoning packet is connected by said tab with said cover.

Application No.: 10/509,579Docket No.: 4495-078

12. (new) The container for cooking foods as recited in Claim 10, wherein said seasoning packet is formed of an edible material so that said seasoning packet can be eaten together with the food ingredient.

13. (new) The container for cooking foods as recited in Claim 11, wherein said seasoning packet is formed of an edible material so that said seasoning packet can be eaten together with the food ingredient.

14. (new) The container for cooking foods as recited in Claim 10, wherein said foods are noodles or pasta, and that said container body has a cylindrical shape with a bottom.

15. (new) The container for cooking foods as recited in claim 10, wherein said foods are *una-ju* (grilled eels and rice in a box) or *unagi-no-kabayaki* (grilled eels in a box), said container body is formed into a box shape, and said cover can be exfoliated at the corners of the container body.

16. (new) The container for cooking foods as recited in Claim 15, wherein said seasoning packet is placed on top of said rice and the eels are placed on top of said seasoning packet.

17. (new) The container for cooking foods as recited in Claim 10, wherein said seasoning packet is formed integrally with said cover.

Application No.: 10/509,579Docket No.: 4495-078

18. (new) The container for cooking foods as recited in Claim 17, wherein said seasoning packet is equipped with: a first sheet that has a tab or comparable part that can be gripped by a user's fingers; a second sheet formed so as to be overlaid on said first sheet; and liquid seasoning that is accommodated between said first and second sheets; and also characterized such that an exfoliation part is formed at one part of the periphery of said first and second sheets in such a way as to have a weak adhesion force, so that said exfoliation part can be opened by the vapor pressure that is generated inside the container when it is heated, so that said liquid seasoning can flow out from between said first and second sheets.

19. (new) The container for cooking foods as recited in Claim 10, wherein said seasoning packet is attached to said cover.